

MIND-BLOWING SILVER MEDAL WIN

Alaine Chartrand, 18, reacts as her marks are posted for her free program at the National Skating Canadian Championships in Kingston, Ont., Saturday. The figure skater from Prescott, Ont., won the free skate by only .88 points ahead of Gabrielle Daleman, but was narrowly defeated by Daleman, who took home the gold with total points accrued from her winning short program on Friday.

PAUL CHIASSON/THE CANADIAN PRESS

Province's new rules make it easier to close schools

Education. Old policy sometimes kept facilities open but empty, says trustee

The province is shortening the steps involved in shutting down schools.

The new Ontario Ministry of Education guidelines to shut down a school — which apply to all boards in Ontario — would shorten the consultation period and bypass broader

community opinions to focus on the school itself and consult the local municipality. The new process will also take the final decision away from Trustee working groups, only allowing them to make recommendations instead of delivering final verdicts.

Ottawa Carleton District School Board trustee Lynn Scott says this will put the decision in the hands of the board and make the process more flexible.

"In the past we have had to take months and months and

months to come to a decision and the community may be very divided," she said. "The board couldn't close a school if they hadn't done a full accommodation review process (ARP). This meant we had cases where we had to relocate students but leave the school open."

Scott says this happened with schools in Woodlawn and Crystal Beach. Although the school populations were tiny, the schools themselves stayed open until the board was allowed to close them down. In

the meantime, students were bused elsewhere.

Ministry of Education documents say 70 per cent of schools in Ontario get funding for space that's not being used for "core educational purposes," and almost 600 schools are less than half full.

The Pupil Accommodation Review Guidelines put these figures in the context of plans to tackle the Ontario deficit.

Parent Laura Rupert is fighting to keep the sparsely populated Munster Elementary, where her child is a student,

open in the face of closure.

"To be honest I think there is a hidden agenda to close schools because of the budget," she says. "And I think rural schools are targets. I don't think it's about kids I think it's about money."

But Rupert is hopeful the shorter review process might help her cause.

"(The school board) was saying it would take too long for the process of compiling a big study with more factual information," says Rupert. "So they needed more time ... So this

new, shorter process could be beneficial for Munster."

Trustee Scott says the changes are not drastic or binding.

"None of these things are required. It just gives us a little more flexibility. Where we had to have a seven month process with four public meetings, now we have to have a five month consultation with two public meetings. It's not that much of a difference."

A decision will be made on the closure of Muster Elementary by March.

OONA WOODS/FOR METRO



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Men fined for carrying fake weapons close to comic con

G-Anime convention.

Cosplayers, one of whom was wearing a mask, were holding replica rifles



JOE LOFARO
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Two men escaped charges after dressing in camouflage gear and carrying replica rifles in a Gatineau parking lot, on their way to a comic book convention Friday afternoon, but they did get fines.

The incident caused a scare for government workers who saw the cosplayers, one of whom was wearing a mask, from their office windows at approximately 1 p.m.

Within minutes, several police officers responded to the Palais de Congrès building on Maisonneuve Boulevard and arrested the two men.

The two 18-year-old men were each given a \$270 fine. They were not charged criminally because they had a reasonable excuse for possessing the replicas, although the plastic toys are being kept for "evidence," police said.

Two hours after the incident, G-Anime convention organizers posted a notice on Facebook warning guests not to wear replica firearms outside convention grounds.

Marie Ouellette, a government worker, said she and her coworkers were a little shaken to see the two men from their second-storey window.

Quoted

"We're kind of on alert, especially when the shooting happened downtown and we were on lockdown for several hours. It's still kind of fresh in our minds."

Marie Ouellette, a government worker who witnessed the two men from her office window

"I just heard someone running in the hallway saying, 'Oh my God, someone's on the phone with police. There's two guys with guns in the parking lot,'" recalled Ouellette.

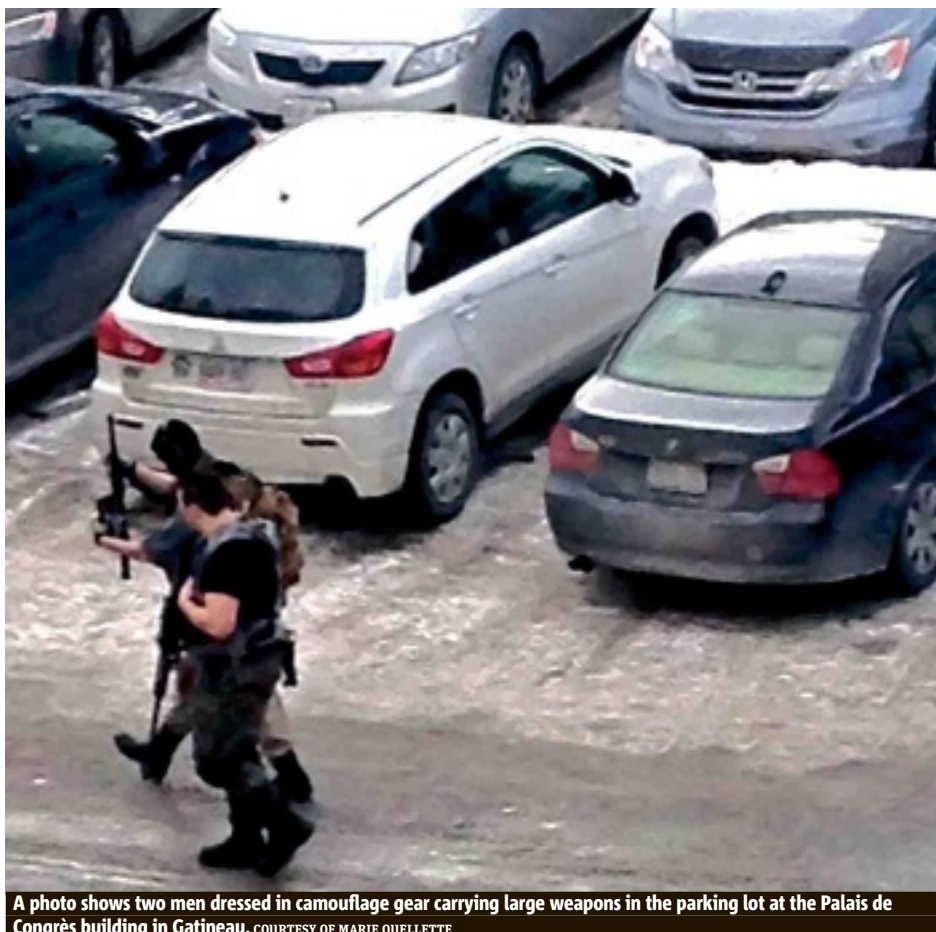
"We're kind of on alert, especially when the shooting happened downtown and we were on lockdown for several hours," she said. "It's still kind of fresh in our minds."

She said she wasn't totally convinced they were a real threat as time went on because she saw them pay for parking and walk back to their vehicle.

That's when she saw police and a canine unit circle in on them to make an arrest. "They're so, so stupid to be carrying around their weapons for their costume in plain sight," she said.

Rob Spittall, owner of The Comic Book Shoppe in Ottawa, said he witnessed part of the incident as he was entering the building's loading dock area. He said he saw four police cruisers pull up and an officer with his gun drawn approaching his truck.

"It was a scary thing to see going down," said Spittall on



A photo shows two men dressed in camouflage gear carrying large weapons in the parking lot at the Palais de Congrès building in Gatineau. COURTESY OF MARIE OUELLETTE

Sunday.

The men should not have been wearing a mask or carrying weapons until they were inside the building, Spittall said.

"Considering how the world has changed in the past year, I'm thankful we're not the states. Realistically, if we were in the (United) States, those kids would be dead."

Scott Péron, vice-president

of operations for Ottawa ComicCon, was attending G-Anime to promote his convention said there will be no changes to the weapons policy in light of the Gatineau incident because that was already done after the Oct. 22, 2014 attack on Parliament Hill and the National War Memorial.

Ottawa ComicCon guests whose costumes include com-

bat fatigues and replica firearms are now asked to carry those items in a bag into the EY Centre. Change rooms are also available on site for the May 8-to-10 event.

"They can't take things lightly anymore," said Péron.

"And the last thing we want to see is a convention goer putting themselves at risk because they want a prop that looked too realistic."

1 NEWS

Friday, January 30 at 7:30 p.m., Confederation Park

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Cycling fans peddle winter commute

Transport. Thousands of canal skaters can't be that cold, says cycling group president

OONA WOODS
ottawa@metronews.ca

More than 50 hardy souls rolled to City Hall Sunday in an attempt to prove that biking during a minus 25 degree wind chill is a perfectly normal seasonal activity.

The parade was organized by Citizens for Safe Cycling in tandem with a forum featuring downtown councillors promoting an Active Transportation Network in the City.

Cycling blogger Brian Smith says you simply need to try winter cycling to get a handle on it.

"It's one of those things

where you do it and think 'This is fantastic' ... I drive and I bicycle and I feel safer cycling in the winter than driving."

But Smith says it is important to be prepared.

"Don't just jump on a regular bike. One thing is traction, you need a studded tire, some people use a defaulted tire for more traction ... And there's the salt. The other thing is visibility. We do have less daylight here so you have to have lights on the front and back."

But what about the winter temperatures?

Hans Moor, president of Citizens for Safe Cycling, says if you look at other attractions in the city you will see the cold doesn't keep people away.

"On a sunny day the canal sees about 20,000 people," says Moor "So obviously the cold doesn't really bother people."

Somerset Ward council-

lor Catherine McKenney says she has been a winter cyclist for 20 years. She says development of cycling infrastructure in Ottawa needs to go faster.

"We have a cycling plan," says McKenney. "it's a good plan but I would like to see it accelerated. We're investing \$2.1-billion in a light rail system which is an enormous amount money. I'd like us to be ready in 2018 with as much cycling infrastructure as we can put together. I would like to see \$70-million over four years."

Moor says the crucial step in any city plan is keeping the public updated.

"The City already cleans a few paths," says Moor. "But no one really knows when they will be and how and how clean they are and they are not really connected. So we say if the city is cleaning them make sure they are connected so the runners and cyclists can actually use them."



Lana Stewart and Alden Harrison, 6, ride this bike all through the winter. OONA WOODS/FOR METRO

Harper braces for grilling on national oil price plunge

Move over, Mike Duffy and Julian Fantino.

With an election on the horizon within nine months, expect MPs returning to the House of Commons Monday to train their sites on the uncertain economy — the one issue most likely to move votes.

The Conservatives have made sound fiscal management the cornerstone of their re-election bid.

Prime Minister Stephen Harper, who looked to be in campaign-mode at at École secondaire catholique Garneau in Orleans on Sunday, cast aside doubts and made it clear he still intends to present a balanced budget and deliver on last fall's promise of income-splitting for families with young children, even though the collapse in oil prices has sucked billions out of the federal treasury and delayed the budget.

"The government's fiscal flexibility has been reduced, at least for the short term," Harper told Conservatives packed into the high school's gym.

"To some, it's a reason not to balance the budget. But to them, there is always a reason not to balance the budget. That's how the small Trudeau deficits of the early 1970s became big deficits that went



Prime Minister Stephen Harper waves after delivering a speech to supporters at a high school in Ottawa, Sunday. FRED CHARTRAND/THE CANADIAN PRESS

on for a quarter of a century, and ended up with the Liberals dramatically hiking taxes on everybody and massively cutting even the most essential of programs, our health care and education."

For the government to focus on its economic record, it's a case of "be careful what you wish for," says NDP finance critic Nathan Cullen.

"The economy will certainly dominate, partly because the issues have grown even more serious over the Christmas break and the problems

confronting the country are more significant," says deputy Liberal leader Ralph Goodale.

"The government has a serious set of very troubling economic issues to deal with and they're sending a message of confusion and incompetence in addressing those issues."

The Bank of Canada contradicted the government's rosy assessment of the situation, in Goodale's view, with its surprise move last week to cut its trend-setting interest rate in a bid to goose the sputtering economy. **THE CANADIAN PRESS**

Attempted murder

Wanted Montreal man arrested

Ottawa police say that early on Saturday morning they arrested a man wanted by Montreal police on an attempted murder charge.

Ottawa police arrested Rashawn Hamilton, 19, of Montreal, after receiving a tip that he may be in the central part of the capital.

Hamilton was wanted in connection with an incident that occurred on July 18, 2014, when a 23-year-old man was stabbed but survived.

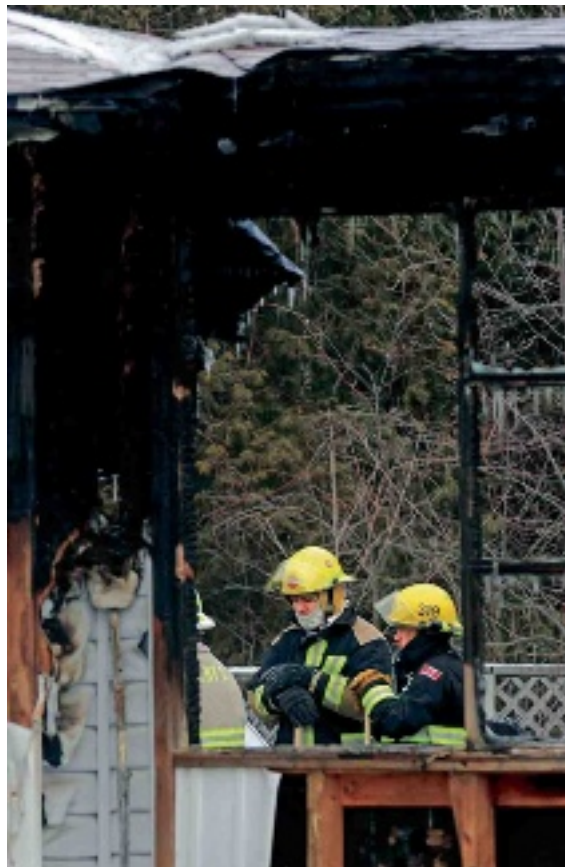
JOE LOFARO/METRO, WITH FILES FROM THE CANADIAN PRESS

Trafficking

74-year-old charged with pot trafficking

Ottawa police have charged a 74-year-old woman with drug trafficking and unlawfully selling alcohol.

Kim Phung Quach was charged following a month-long investigation into "illegal activity" in an apartment on the 200 block of Rochester Street. Police say they heard complaints someone was illegally selling contraband, booze and drugs. **LUCY SCHOLEY/METRO**



Foul play not suspected in house fire that killed widow

Fire investigators look over the charred home at 138 Gibson Rd. in Lanark west of Ottawa on Friday, after a Thursday morning house fire killed Joyce Gibson, 67, a widow. OPP said Saturday that they had concluded their joint investigation of the blaze with the Office of the Fire Marshall of Ontario and the Ontario Coroner's Office and foul play was not suspected. **MIKE CARROCCETTO/FOR METRO**



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Social media. Terror acts reveal online hate speech

The recent terror attacks in Paris have unleashed a barrage of anti-Muslim and anti-immigrant comments on the Facebook pages of federal politicians and their parties in Canada — much of it plainly visible to the public.

Managing racist, sexist, homophobic and harassing material is just one of the new challenges facing parties who want to have an active social media presence, grounded in the concept of free speech and open dialogue.

A Jan. 7 post on Stephen Harper's Facebook account, in which the prime minister said he was "horrified by the barbaric attacks in France," received approximately 575 comments. Some six dozen — expressing support for blocking immigration from Islamic countries, closing Canada's borders or just criticizing Islam — were still on the page two weeks later.

"Time to step down on all Islamic communities worldwide," wrote one visitor to the page.

Said another, "All Muslims should go home and never be let back here please Mr. Harper make that happen they steal real people's jobs that belong to us Canadians."

Paula Todd, digital media professor and author of *Extreme Mean: Trolls, Bullies and Predators Online*, said some offensive speech should be left online so that it can be exposed and critiqued by others.

"We're discovering the effects of putting all this horrible stuff online," said Todd.

"One of the effects is that because it's 24 hours a day, because it flies around the world in seconds, and because it's permanent, these kinds of hate attacks can be more damaging than just the face to face." **THE CANADIAN PRESS**

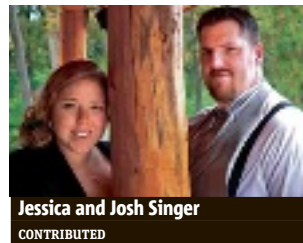
Business. Edmonton pair launch glitter revenge site

Canadians looking to get some revenge via glitter now have a homegrown solution.

Edmonton-based Josh Singer and his wife, Jessica, have launched SparklyRevenge.ca, and for \$9.99, they'll mail the target of your choice an envelope full of glitter that's guaranteed to "get everywhere."

"You open it and it'll fall on your desk, but by next week it'll be all over your chair," Singer said. "Heck, it's all over my dog right now."

Singer got the idea from Ship Your Enemies Glitter, an Australian site that became an international sensation after launching earlier this month. Demand for so-called "glitter bombs" actually crashed the website, prompting its 22-year-



Jessica and Josh Singer
CONTRIBUTED

old owner to call it quits.

"People need a way to feel vindicated, and we're offering an outlet for that," he said.

That said, while some of Singer's customers are out for revenge, most want a laugh.

"People are mailing it to friends and family. One person even sent one with a note that said, 'Hi, mom.'"

LUKE SIMCOE/METRO IN TORONTO

Duty draws Auschwitz survivor back to Poland

Holocaust. Miriam Friedman Ziegler says she was 'lucky enough to live' and wants the 'world to know' about what she endured

On a cold January day in 1945, nine-year-old Miriam Friedman Ziegler watched as Red Army soldiers approached Auschwitz. An army photographer captured the historic moment: 13 wide-eyed children — Friedman Ziegler among them — staring out through the fence.

The thought of freedom was a scary notion for the Jewish girl who'd spent a year in Auschwitz separated from the rest of her family.

"What's going to happen to me now?" she recalls thinking at the time. "I have nobody."

She would later reunite with her mother, but her father never made it out of the infamous Nazi camp alive.

Auschwitz has become a symbol of the horrors of the Holocaust, in which six million Jews were systematically killed.

Friedman Ziegler, who lives in Thornhill, Ont., is among about 100 survivors who are returning to Poland this week to commemorate the 70th anniversary of the liberation of Auschwitz.

"I swore I would never go back to Poland, but I feel it's my duty now to do it," Friedman Ziegler said during a recent Canadian Press interview.

On Monday, she will reunite for the first time with four of the girls — now women in their 70s and 80s — featured in the iconic photo. A new photo will capture the moment. This



Miriam Friedman Ziegler, 79, an Auschwitz holocaust survivor, shows her tattoo identification number as she tells her story at her home in Thornhill, Ont., on Jan. 19, 2015. Friedman Ziegler, who has rarely spoken about her time at the camp, will join 100 other survivors in Poland to mark 70 years since their liberation. **NATHAN DENETTE/THE CANADIAN PRESS**

time, in the comfort of a hotel in Krakow, Poland.

Friedman Ziegler's journey began in 1940 in Radom, Poland, where her father ran a couple of stores.

Life was idyllic, she said, until one day the Nazi tanks rolled into town. Her mother took off with Friedman Ziegler to her grandparents' house in a nearby town via horse and buggy. But the man driving the buggy tossed them en route, fearing for his life.

They eventually reached her grandparents, well ahead of the Nazi's eventual arrival.

However, when she turned eight, the Nazis caught them and loaded her and her parents in cattle cars and shipped them to Auschwitz.

The children were separated from the adults and placed in the adjacent Birkenau death camp, where Friedman Ziegler

found some of her cousins, and others who would become lifelong friends.

One day the Nazis abandoned the camp temporarily and the children, including Friedman Ziegler, snuck off to Auschwitz where they raided the barracks for food and clothing and then returned to camp.

When the Nazis returned they asked anyone who wanted to walk to freedom to line up. They shot everyone in line.

Auschwitz was liberated on Jan. 27, 1945.

After Auschwitz, Friedman Ziegler spent time in various hospitals and orphanages in eastern Europe. Eventually, she came to Canada as part of a group of 1,000 child refugees.

She lived for a while in Hamilton with relatives — memories of death and suffering still fresh in her mind.

Two years later her mother

came to Canada and the pair settled in Toronto. She eventually met her husband — also a Holocaust survivor — on a blind date. The couple has three children.

"I had a very, very good life," she said. "I never dreamt that I would live in such a beautiful place."

She has rarely spoken about what happened during the Holocaust, even to her family.

"I'm hearing some of these horrible stories for the first time," said her daughter, Adrienne Shulman, who is accompanying her mother to Poland.

The interviews and media attention has worn down Friedman Ziegler. She's emotional and ready to move on, but believes it is her duty to talk.

"I was lucky enough to live," she said. "I want the world to know."

THE CANADIAN PRESS

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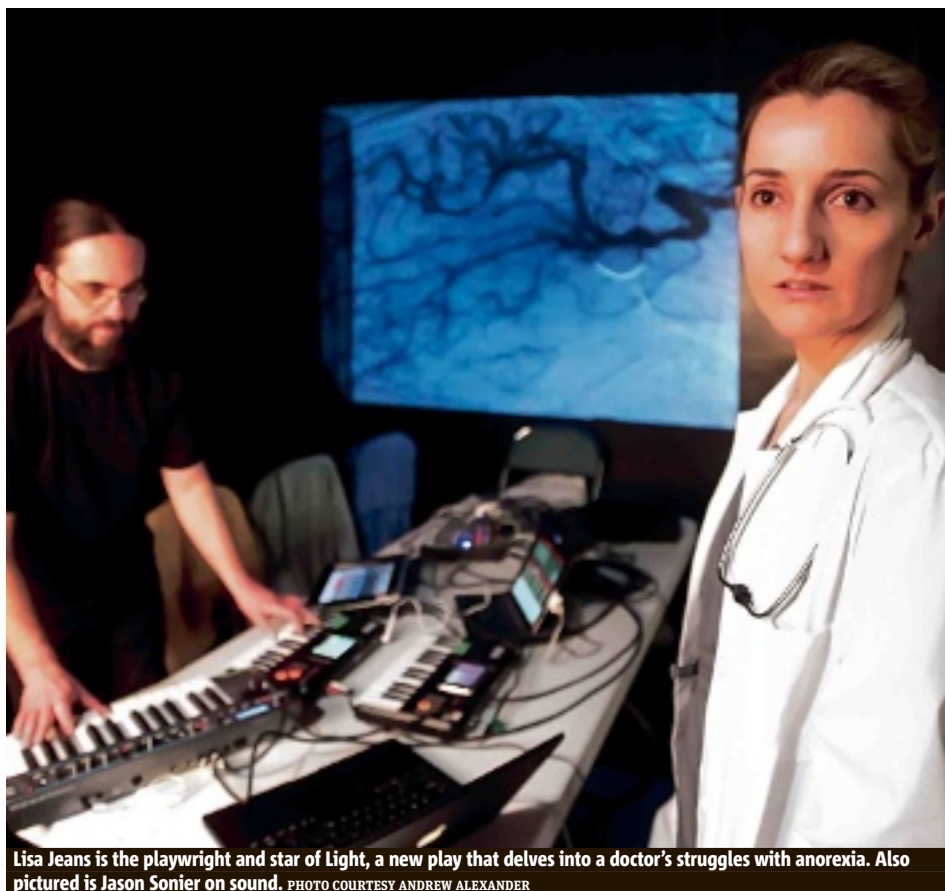
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Lisa Jeans is the playwright and star of *Light*, a new play that delves into a doctor's struggles with anorexia. Also pictured is Jason Sonier on sound. PHOTO COURTESY ANDREW ALEXANDER

Seeing anorexia in a new Light

Theatre. Play uses video projections and lighting to tell a story about the experience of struggling with eating disorder



LUCY SCHOLEY
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A dark new Ottawa play aims to shed light on the complicated and often misunderstood struggles of people with anorexia.

Light casts its playwright Lisa Jeans as Dr. Helen Rose — an emergency room physician battling self-control and perfectionism in a demanding workplace.

It's fictional, but stems from a personal place.

Jeans has struggled with anorexia since she was 12 years old.

She's now 40, happier and has been in recovery for about seven years.

When she was younger, she said people would oversimplify her disease. "Just go ahead and eat," she recalled them saying.

"But it's not as simple as that," she added. "Because

Quoted

"Quite often, mental illness doesn't come as one thing, but it comes as a bundle of things. With my experience, there's the eating disorder, but also anxiety around that and a bit of OCD and perfectionism."

Playwright Lisa Jeans

one of the things that restricting food gave me was a sense of control. It was a coping strategy."

Light's title is a double entendre on the play's use of video projections and lighting to tell a story about one character's experience with the consuming disorder.

"Quite often, mental illness doesn't come as one thing, but it comes as a bundle of things," said Jeans.

"With my experience, there's the eating disorder, but also anxiety around that and a bit of OCD and perfectionism."

According to a 2006 Public Health Agency of Canada report entitled *The Human*

Face of Mental Health and Mental Illness in Canada, 0.5 per cent of the country had been diagnosed with an eating disorder.

It's a relatively small pool of people, and it's still highly misunderstood, said Jeans.

"The awareness of it in mass media has improved over time," she said.

"But I think there was a stereotype that this is a condition that affects 13-year-old girls who do ballet class."

Light is not meant to come across as didactic. It's an art piece and it comes with a trigger warning, especially for those who are struggling with an eating disorder.

Jeans said her goal is to tell the perspective of one character battling anorexia — and give hope that it can get better.

Play times

- *Light* plays at Arts Court Jan. 26 to Jan. 31 at 8 p.m. There is also a 2 p.m. Saturday matinee.
- Tickets are available on the Arts Court website.

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Islamic supporters rally in Pakistan against Charlie Hebdo. THE ASSOCIATED PRESS

France. Double standard for free speech, critics say

When cartoonists at a French publication that had poked fun at the Prophet Muhammad were shot dead, millions around the world felt it as an attack on freedom of speech.

Since the rampage that left 12 dead at the Charlie Hebdo offices and another four during a standoff with police at a kosher supermarket, French authorities have arrested dozens of people — including a comedian — for appearing to praise the terrorists or encourage more attacks.

That has unleashed accusations of a double standard, in which free speech applies to those who mock Islam while Muslims are penalized for expressing their own provocative views.

French police have arrested more than 70 people since the attacks for allegedly defending or glorifying terrorism.

The most famous is comedian Dieudonné M'bala M'bala, charged over a Facebook post that says, "I feel like Charlie

Coulibaly" — a merger of the names of magazine Charlie Hebdo and Amedy Coulibaly, the attacker who killed four hostages at the supermarket.

French law bans promoting racial or religious hatred, as well as inciting or defending terrorism or crimes against humanity.

Blasphemy, by contrast, is not illegal in France, so Charlie Hebdo's mockery of religion is regarded differently.

The arrests have been criticized by Amnesty International, which expressed concern about a new French law that permits sentences of up to seven years for defending or inciting terrorism.

"You have a French society that considers, not unjustly, that freedom of expression itself has come under attack," said Amnesty Europe Director John Dalhuisen. "You have to attack the criminals, but not in a way that undermines the idea."

THE ASSOCIATED PRESS

Deadly rocket attacks hike tension in Ukraine

Kyiv. Russian-backed rebels blamed for assault that killed 30 civilians in the coastal city of Mariupol

Ukraine's president said Sunday that intercepted radio and telephone conversations prove Russia-backed separatists were responsible for firing the rockets that pounded the southeastern city of Mariupol and killed at least 30 people and injured 95.

The attack on Mariupol, a strategically situated port city that had been relatively quiet for months, alarmed the West and looked likely to further aggravate relations with Russia.

Putting the blame squarely on Moscow, President Barack Obama said the U.S. would work with its European partners to "ratchet up the pressure on Russia."

European Union foreign affairs chief Federica Mogherini later announced that EU foreign ministers would hold an "extraordinary" meeting in Brussels on Thursday to discuss Ukraine.

Russian Foreign Minister Sergei Lavrov, speaking separately with Mogherini and U.S. Secretary of State John Kerry, told them the Ukrainian government bore responsibility for the latest military escalation, according to statements released by his ministry. Lavrov did not, however, directly address who had carried out the attack on Mariupol and said it should be investigated.

Separatist leader Alexander Zakharchenko initially



Residents rally in Kyiv on Sunday in solidarity with victims of a rocket attack on Mariupol. THE ASSOCIATED PRESS

Quoted

"The city is in shock.... The streets are empty, and people are boarding up their windows and preparing for the worst."

Mariupol resident Yelena Khorshenko

announced that his forces had begun an offensive on the government-controlled city of Mariupol. But after the extent of civilian casualties became known, he backtracked and blamed Ukrainian forces for Saturday's carnage.

The rocket attack came a day after the rebels rejected a peace deal and announced they were going on a multi-

pronged offensive against the government in Kyiv in a bid to seize more territory.

The rebel stance has upended European attempts to mediate an end to the fighting in eastern Ukraine that has cost at least 5,100 lives since April, according to United Nations estimates.

"The intercepted radio and telephone conversations,

which were given to me by Ukraine's security services, irrefutably prove that the attack was conducted by the terrorists, who, unfortunately, are supported by Russia," President Petro Poroshenko said during an emergency meeting of his security council.

In Mariupol, emergency workers disposed of rocket fragments left by the attack. Unexploded rockets were found in a bank and an apartment building. UN workers handed out blankets to people left homeless or without heat because of the shelling, which hit schools, homes and shops. **THE ASSOCIATED PRESS**

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Anti-bailout party's win in Greece threatens renewed market turmoil

Syriza. Party won on promises to renegotiate bailout deal and reverse austerity measures

A radical left-wing party vowing to end Greece's painful austerity program won a historic victory in Sunday's parliamentary elections, setting the stage for a showdown with the country's international creditors that could shake the eurozone.

Alexis Tsipras, leader of the communist-rooted Syriza party, immediately promised to end the "five years of humiliation and pain" that Greece has endured since an international bailout saved it from bankruptcy in 2010.

With 80 per cent of polling stations counted, Syriza had 36 per cent versus 28 per cent for Prime Minister Antonis Samaras' conservatives.

It remained to be seen whether Syriza had enough seats to govern outright or would have to seek support from other parties. That might

not become clear until Monday morning or even later, when all the votes are counted.

If Tsipras, 40, can put together a government, he will be Greece's youngest prime minister in 150 years.

The prospect of an anti-bailout government coming to power in Greece has sent jitters through the financial world, reviving fears of a Greek bankruptcy that could reverberate across the eurozone.

"The sovereign Greek people today have given a clear, strong, indisputable mandate. Greece has turned a page. Greece is leaving behind the destructive austerity, fear and authoritarianism. It is leaving behind five years of humiliation and pain," Tsipras told a crowd of flag-waving supporters.

He won on promises to demand debt forgiveness and renegotiate the terms of Greece's 240-billion-euro (\$335 billion Canadian) bailout, which has kept the debt-ridden country afloat since mid-2010.

To qualify for the cash, Greece has had to impose deep and bitterly resented cuts in public spending, wages and



Leader of Syriza left-wing party Alexis Tsipras speaks to his supporters Sunday outside Athens University headquarters. A triumphant Tsipras told Greeks that his radical left Syriza party's win in Sunday's early general election meant an end to austerity measures. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

pensions, along with public sector layoffs and repeated tax increases. Its progress in reforms is reviewed by inspectors from the International Monetary Fund, European Commission and European Central Bank, collectively known as the troika, before each installment of

bailout funds can be released.

Tsipras pronounced the troika and its regular debt inspections "a thing of the past."

"The verdict of the Greek people ends, beyond any doubt, the vicious circle of austerity in our country," he said.

Greece's creditors insist the

country must abide by previous commitments to continue receiving support.

The centrist Potami party was battling for third place with the Nazi-inspired Golden Dawn, whose leader and several lawmakers campaigned from prison, where they are awaiting

Debt

Austerity at an end?

Syriza's anti-bailout rhetoric appealed to many in a country that, in the past five years, has seen a quarter of its economy wiped out, unemployment above 25 per cent, and average income losses of at least 30 per cent. But the win has renewed doubts over Greece's ability to emerge from the crisis, and generated fears that the country's finances could shock global markets and undermine the euro.

THE ASSOCIATED PRESS

trial on charges of participating in a criminal organization.

If Syriza falls shy of the 151 seats necessary to form a government on its own in the 300-seat parliament, it will have to seek support from other parties — either in a minority government or as part of a coalition.

THE ASSOCIATED PRESS

Images of slain Egypt protester revive focus on police violence



Egyptians march Sunday in Alexandria, Egypt, during the funeral procession of Shaimaa el-Sabagh, who was shot Saturday in downtown Cairo while taking part in a gathering commemorating the nearly 900 protesters killed in the revolution. HEBA KHAMIS/THE ASSOCIATED PRESS

Images of a mortally wounded protester, blood running down her face and hair as she was lifted from the pavement by a comrade, have touched off powerful criticism of Egypt's government on the anniversary of a revolution initially sparked by police brutality.

The photos and videos show a heavily armed police unit, with some members masked, shooting at a small, peaceful protest Saturday near Cairo's Tahrir Square in which 32-year-old Shaimaa el-Sabagh took part.

A labour rights activist with a history of involvement in protests that predated the country's 2011 revolution, el-Sabagh was also a poet and mother of a five-year-old boy.

She had travelled to Cairo from her home in Alexandria to attend the demonstration to demand police and officials be held accountable for protesters killed since the uprising four years ago that forced autocrat Hosni Mubarak from power.

She was killed by what authorities said was a blast of birdshot that pierced her heart and lungs from close range.

"I won't listen to anyone who undermines my resolve," she wrote on her Facebook page Saturday before taking part in the protest, saying she wouldn't pay attention to those who think there is no point in protesting anymore.

Mahienour el-Masry, an activist and friend of el-Sabagh's, described her as a firm believer in change who used to take her son along with her.

Her death renewed criticism of police use of force and the government's insistence that its crackdown is reserved for terrorists and

violent protesters.

A new page has already appeared on Facebook in her memory.

Security officials have sought to distance themselves from her death, saying that they only used tear gas against the protest and that violent elements infiltrate rallies to "drive a wedge" between the people and the police.

During scattered small protests on Sunday, at least 13 protesters were killed in clashes in which police said they were attacked.

THE ASSOCIATED PRESS

ISIL

Japan stunned after video shows hostages killed

From the prime minister to ordinary people, Japanese were shocked Sunday at a video purportedly showing one of two Japanese hostages of the Islamic State of Iraq and the Levant (ISIL) group had been killed.

With attention focused on efforts to save the other hostage, some criticized Prime Minister Shinzo Abe's drive for a more assertive Japan as responsible. Abe appeared on public broadcaster NHK early Sunday demanding the militants release 47-year-old journalist Kenji Goto. He also offered condolences to the family and friends of Haruna Yukawa, a 42-year-old adventurer taken hostage in Syria last year. THE ASSOCIATED PRESS

Militant attack

Pakistan in the dark after blackout

A massive blackout struck Pakistan Sunday, leaving as much as 80 per cent of the country without electricity. A militant attack on a transmission tower caused the blackout, said Zafaryab Khan, a spokesman for the Ministry of Water and Power. THE ASSOCIATED PRESS

Alps

Bodies of six French skiers found

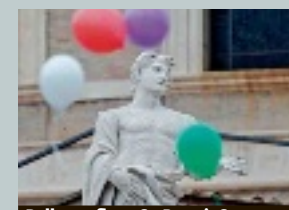
France's interior ministry says the bodies of six French skiers have been found a day after they were swept away by an avalanche in the French Alps. Mountain rescuers including 18 searchers, two dog handlers and a helicopter began searching Saturday. THE ASSOCIATED PRESS

Vatican

Balloons used as peace symbol

Balloons, not doves, were released as a gesture of peace Sunday in St. Peter's Square, a year after an attack by a seagull and a crow on the birds sparked protests by animal protection groups.

For years children, flanking the pope at a window of the papal studio over-



Balloons fly at St. Peter's Square. THE ASSOCIATED PRESS

looking the square, set free a pair of doves on the last Sunday in January.

THE ASSOCIATED PRESS

Fisher-Price looks for more diversity in its child models

Advertising. Toy maker sets up second studio in Buffalo to tap into the city's multi-cultural feel

Fisher-Price has long eschewed "professional" models for its packaging, instead using the babies and toddlers parents trundle in to the toy maker's headquarters in the quaint western New York village of East Aurora, about 32 kilometres from Buffalo.

The company recently began photographing children in a second studio in Buffalo to better reflect the faces in the 150 countries where its toys are sold.

"Everything that we do for Fisher-Price here goes everywhere, so all over the world, from packaging to websites to advertising," said Fisher-Price marketing executive Teresa Gonzalez Ruiz. "We need to make sure we have Hispanics, African-Americans, more Asian population."

"We've always done it. It's just a lot easier here," Gonzalez Ruiz said on a recent morning at the city studio inside a former industrial complex that has been converted for businesses. Fisher-Price plans to use the Buffalo studio for about 25 per cent of its 4,000 annual shoots.

With sunlight streaming through a wall of windows, 21-month-old Noelle Roberts



"Baby wrangler" Melanie Ruskin keeps 21-month-old Noelle Roberts engaged while a photographer records the moment at a Fisher-Price studio in Buffalo, N.Y., earlier this month. The toy maker recently began photographing children in Buffalo to tap into the urban centre's more multi-cultural feel and better reflect the faces in the 150 countries where Fisher-Price toys are sold. CAROLYN THOMPSON/THE ASSOCIATED PRESS

rolled cars down a winding track as photographer Michael Mandolfo knelt and lay on his stomach and snapped photos. "Baby wrangler" Melanie Ruskin played with Noelle, squealing and clapping to keep her engaged.

"She loves it," the toddler's mother, Nicole Roberts, said after the studio's team of stylists piled her curly hair into a top ponytail and picked out a pair of brightly striped leggings and a sweater for the shoot.

The pictures could end up on a box for the toy track, or

in an advertisement.

Noelle, who earned \$50 US for the session, was recruited by Gonzalez Ruiz, who spotted the brown-eyed African-American toddler with her mother inside a Buffalo drug store.

"She said 'Oh, she's so cute! You have to bring her,'" Roberts said.

Fisher-Price also reaches out to hospital maternity wards, immigrant groups and urban churches in search of a rainbow of newborns to five-year-olds. The company's internal marketers initially saw the need for

more diversity, and it has raised the issue in the company's consciousness, Gonzalez Ruiz said. "We're not looking for specifics," she said. "For us, it's just making sure that we don't leave anyone out of the picture, that everyone feels included."

The city studio is more accessible by public transportation or on foot, saving parents a drive to East Aurora.

"This is perfect," said Nicole Roberts, who lives on Buffalo's west side. "I love the location."

THE ASSOCIATED PRESS

Vancouver. Hundreds attend free coding camp

Squamish Nation member Khelsilem is fluent in his native tongue and passionately spearheading a project to revitalize indigenous languages. But he wants to turbocharge his linguistic proficiency by learning an entirely new and universal language — computer coding.

The 25-year-old from North Vancouver plans to preserve and share the Squamish and Downriver Halkomelem languages by acquiring coding skills, which he'll use to construct a website that gives his community's linguistic traditions worldwide reach.

"Geography is the biggest challenge we have as indigenous people when it comes to revitalizing languages, there's so many languages in Canada and it becomes really hard to co-ordinate," he said.

Khelsilem was among two tables of 20 laptop-laden First Nations people adding their beat to the rhythmic key tap-

pings of 500 British Columbians who gathered over the weekend for a massive computer coding bootcamp.

The humming hive filled a cavernous Vancouver conference space for The HTML500, the premier 2015 event in a four-city caravan teaching the ABCs of web coding.

The idea was to provide free lessons in basic coding languages, including HyperText Markup Language, known as HTML, that is standard code used in websites. Organizers hope the bootcamp prompts a mass movement towards "digital literacy."

The targeted inclusion of First Nations at the event was conceived to increase employability in Canada's aboriginal communities, while taking advantage of the fastest growing population of young people in the country to help fill jobs skill gaps.

THE CANADIAN PRESS



Participants jam into a giant lecture hall in Vancouver on Saturday to learn computer coding skills at HTML500. JONATHAN HAYWARD/THE CANADIAN PRESS

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Ukraine

Ed Fast talks free trade in Kyiv

International Trade Minister Ed Fast arrived in Kyiv on Sunday for two days of talks on free trade as fighting intensifies between Ukrainian forces and pro-Russian separatists in the east.

Fast also plans to announce four initiatives, including a program to promote growth for small and medium-sized farm businesses.

Canada and Ukraine do about \$322 million in trade. The Harper government says it is looking for Canadian companies that want to invest in the agriculture and agri-food, aerospace, energy, mining and education sectors.

THE CANADIAN PRESS

Romania

Protesters blame banks for high loan repayments

Hundreds of people have protested in Romania against high repayments for Swiss franc loans, blaming the banks for offering deceptively cheap loans and calling on the government to regulate hard currency loans.

About 75,000 Romanians have loans in Swiss francs, taking them out during the boom of the mid-2000s, because they had a lower interest rate.

They have been hit by a strong franc that increased by 40 per cent against the euro after the Swiss National Bank abolished its currency ceiling.

THE ASSOCIATED PRESS

New York

LaGuardia rail link applauded

Travellers who endure a two-hour drive from midtown Manhattan to LaGuardia Airport in Queens are applauding what they see as a long overdue proposal from New York Gov. Andrew Cuomo: build a rail link connecting the city to LaGuardia.

LaGuardia is one of just a few airports in major American cities not served by some sort of rail service. Cuomo's \$450 million US proposal, made this past week on the eve of his State of the State address, follows his announcement last year for a \$3.6 billion US renovation of the decrepit airport. THE ASSOCIATED PRESS



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VOICES

IN DEFENCE OF MEETINGS

While committees might not always have a heck of a lot to talk about, a little bit of homework on the part of our municipal representatives could solve that



COLLINS' CAPITAL
Steve Collins

"Meetings," pronounced John Kenneth Galbraith, "are indispensable when you don't want to do anything."

The humble meeting often gets a bad rap as a time-waster, a distraction from more important work—even at city hall, a place expressly built for the purpose of meeting. I'll admit I don't always bounce into Andrew Haydon Hall or the Champlain Room to witness unfolding municipal drama in a state of uncontrolled excitement, but these are the places where the public sees its business carried out in the open, on the record. Meetings aren't a distraction from councillors' work; they are councillors' work.

Last week's confab of the Ottawa Board of Health, convened to table a draft budget and see

to other unsexy bits of business, and also set the year's schedule of six further meetings for the year.

Board member Marguarite Keeley dissented: "I believe that for good governance, this board of health needs to have monthly meetings."

Enthusiasm around the table for her proposal was limited, and the meeting moved on. City council's committees and boards are, appropriately, in charge of their own schedules, and it would be hard to definitively set the perfect number of meetings for them, though council took a stab at it last month.

At their inaugural huddle in December, the new city council considered a recommendation from staff to cut the number of annual meetings of the community and protective services committee, the environment committee and the transit commission to eight each.

Coun. Diane Deans put the brakes on that

one, suggesting that this sort of decision is best left to the committees themselves, and they might even want to consult the public, since committee meetings are typically the only opportunity they get to address their city government directly.

"This is a new term and we haven't really had a chance to evaluate the workload. Also, because governance came directly to council, the public hasn't had any opportunity to input into that decision," Deans said.

"And it is clear to me that the opportunity for the public to speak and express their views happens at committee."

If more meetings are needed, staff assured council, they can always be scheduled. For some councillors, that's preferable to committee members sitting down to find nothing much on their plates.

"You just sometimes don't have the content

to have a meeting every single month," he said, "and I realize you can cancel meetings. The optics of cancelling meetings, I can assure you, is not great."

A shame about those optics, but if the agenda's coming up light, there's another option, as Coun. Rick Chiarelli pointed out: find something to do. A little extra homework, he noted, might have saved millions in overcharges and aggravation from our 20-year, \$140-million composting contract with Orgaworld.

"One of the teachable moments from the last term was the Orgaworld audit, and we all came out of that saying that we need to do greater oversight, more oversight, not less," he said. "If there's a reduced amount of content on committee agendas, then we should take the opportunity to add some to it."

Some day, one more boring meeting might spare us another such exciting misstep.

Your Ottawa



Cold beauty

Sculptors in Confederation Park work Sunday on an ice sculpture celebrating the Toronto 2015 Pan Am/Parapan Am Games.

SEAN MCKIBBON/METRO

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readers@metronews.ca

Upcoming

The Future of Work

Mayor Jim Watson will welcome attendees to the WORKshift Ottawa: Future of Work Summit, which will feature national and local workplace speakers sharing best practices on how organizations implement flexible work programs. It starts at 9 a.m. at City Hall and will include speeches and an interactive panel discussion involving Ottawa's own e-commerce and bricks-and-mortar retail technology firm Shopify.

METRO

"Technical briefing" on military action in Iraq

The federal government will give media an update in a "technical briefing," on Monday, on what it terms "Canadian support to the multinational mission against the Islamic State of Iraq and the Levant (ISIL)" at National Defence Headquarters. The nature of Canada's military deployment and whether it is a support and advisory or combat role has been called into question in recent weeks by federal opposition parties. METRO

Holocaust monument designer to give lecture

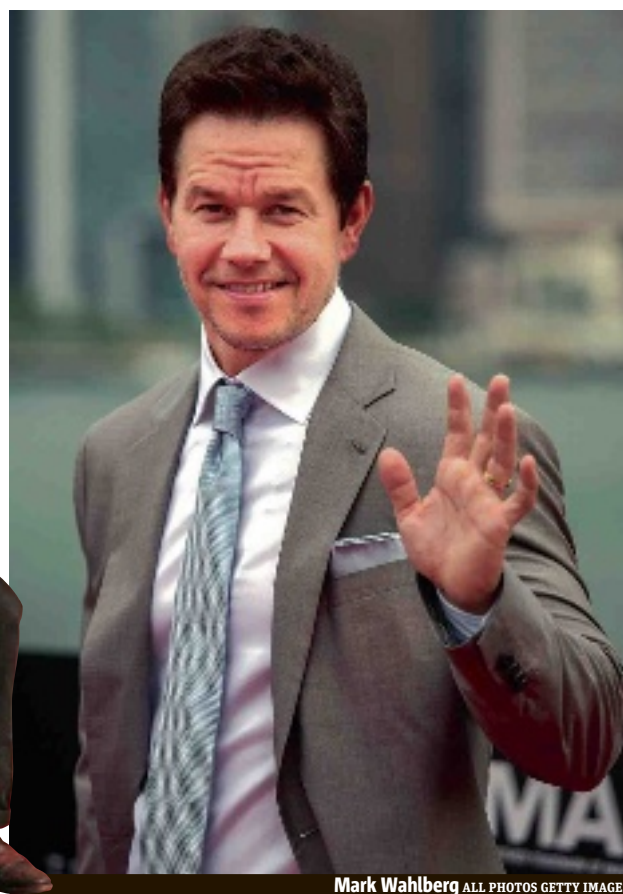
Internationally renowned architect Daniel Libeskind, a member of the design team for the planned National Holocaust Monument (holocaustmonument.ca), will give a lecture Monday at the National Gallery of Canada at 6 p.m. This event is being presented by the National Capital Commission and Gluskin Sheff and Associates.

METRO

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Mark Wahlberg ALL PHOTOS GETTY IMAGES

Once a racist, always a racist says Wahlberg's former victim

Mark Wahlberg is still seeking an official pardon for his 1988 assault of two Vietnamese men while stealing beer in the Boston area.

But at least one of his former victims — from a separate violent attack — thinks that's a terrible idea.

"I don't think he should

get a pardon," Kristyn Atwood tells the Associated Press.

Atwood was among a group of mostly black elementary school children chased and pelted with rocks by a then-14-year-old Wahlberg and his friends during a 1986 field trip.

"I don't really care who

he is," Atwood says.

"It doesn't make him any exception. If you're a racist, you're always going to be a racist. And for him to want to erase it, I think it's wrong."

Even if it's for a really noble cause like getting a liquor license for his restaurant?

Rodman invites Rogen to visit North Korea

Noted friend of North Korean leader Kim Jong-un and noted crazy-pants Dennis Rodman is finally — finally! — chiming in on the Sony hack and The Interview, the con-

troversial Seth Rogen comedy that supposedly caused it all.

"If the North wanted to hack anything in the world, anything in the world, really, they are going to go hack a movie? Really?" Rodman tells the Hollywood Reporter, insisting that North Korea was not behind the cyber-attack.

The regular visitor to North Korea also has a plan to ease tensions caused by the film — or at least insert himself into the conversation.

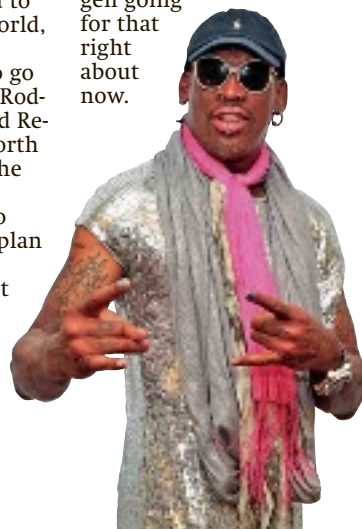
"I would ask Seth and all those involved in the movie to go to North Korea with me.

And then do an interview with me about the movie."

Somehow, I don't see Rogen going for that right about now.



Seth Rogen, left,
and Dennis Rodman



Marsha, Marsha, Marsha! Jan gets her own meme as Brady Bunch hits Netflix

Thanks to the Brady Bunch movies making it onto Netflix, and a generation of Tumblr-happy teens who weren't alive when the films came out discovering them, we have the "Sure, Jan" meme.

And Jennifer Elise Cox, the actress who played Jan Brady in the films, is just fine with that.

"They trolled me, and then I saw it and I absolutely loved it," Cox tells Vulture.

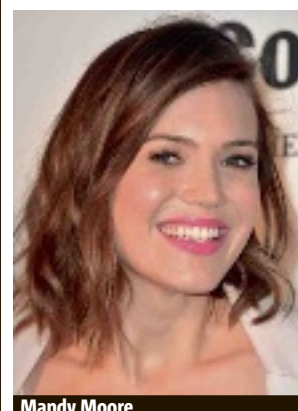
"My husband said to me, 'You've got to be in a meme if you want to be



Jennifer Elise Cox

anywhere.' And then I was like, 'Wow, I feel so lucky that I ended up in one.'"

Sure, Jan.



Mandy Moore



Ryan Adams

Mandy and Ryan still cool, even as their marriage melts

Dang it, this one seemed like it had staying power.

"Mandy Moore and Ryan Adams have mutually decided to end their marriage of almost six years," report reps for the now-exes. "It is a respectful, amicable parting of ways, and both Mandy and Ryan are asking for media to respect their privacy at this time."

OK, two things:

First, there's no need to

brag about how laid-back and easygoing your breakup is. We get it, you're so cool.

And second: Adams and Moore — or at least their reps — get major points for correctly using "media" as the plural noun that it is.

To help you cope with this news, think back to when they first started dating and how much that seemed to make absolutely no sense. Good times.

GOT's Sophie Turner to play an X-Men mutant

Director Bryan Singer has found some fresh blood to embody younger versions of mutants Jean Grey, Storm and Cyclops for the upcoming X-Men: Age of Apocalypse, and one of them is Game of Thrones star Sophie Turner.

Turner, who plays snooty Sansa Stark on the hit series, will take on the role originated by Famke

Janssen in the original X-Men film in 2000.

Also joining the cast are Tye Sheridan as Cyclops and singer Alexandra Shipp as Storm.



Sophie Turner

2 SCENE

U.S. Netflix isn't as great as it seems

Analysis. We've all heard griping that programming selection south of the border is best, but quantity doesn't necessarily mean quality

Feeling left out and ignored by Netflix Canada?

Cheer up. It may not be as bad as it seems.

Previously unpublished data provided to the Toronto Star confirms the widely held suspicion that there is far more variety for Netflix viewers in the U.S. than in Canada.

Canadian Netflix subscribers can only view half of the movie and television titles available to Americans on the online streaming service. But the data, which Netflix refuses to officially release, also suggests the Canadian list includes more hits and fewer stinkers.

The data was provided to the Star by Netflixable, a website offering a country-by-country



Netflix U.S. may boast more offerings, but are you really missing out if those offerings include Poultrygeist: Night of the Chicken Dead? iStock

try periscope into 20 regions covered by the worldwide streaming service.

It shows that Canadian viewers can watch some hits that aren't available south of the border, including Blue Jasmine (2013), X-Men: First Class (2011), The Dark Knight Rises (2012), Black Swan (2010) and Batman: The Dark Knight Returns: Part 1 (2012).

"The Netflix U.S. and Netflix Canada services are treated differently by the company," said Michael Geist, a Star columnist and research chair in Internet

and E-commerce Law at the University of Ottawa.

"The Netflix U.S. is focused on adding more choice with curation on subscriber interest coming later (i.e. make content available and determine whether to continue to offer based on interest)," Geist said in an email.

Some of the American titles that aren't available here include non-Oscar winners Poultrygeist: Night of the Chicken Dead (2006) and Vibrator (2003).

"A lot of people who have never done this make the as-

sumption that the United States Netflix is the best," Josh Loewen, founder, owner and CEO of Netflixable, said in an interview.

"Their number might be the highest, but the quality of the titles (matters). There is no best," Loewen said. "Canada's got some great stuff that's exclusive to us."

Geist said there's another theory for the leaner Canadian playlist. "The cynical view is that Netflix doesn't need to create a larger library for Canada since many Can-

Data rundown

A computer program built by Netflixable CEO Josh Loewen automatically checks on a daily basis public websites to record the titles available in each of the 20 regions. The data shows that American viewers had a choice of 7,202 titles, the most in the world, followed by Canada in second place at 3,663.

DVD review



Fury

Director. David Ayer

Stars. Brad Pitt, Shia LaBeouf, Logan Lerman

Battlefield reality and macho myth collide in David Ayer's Second World War tank drama, which resembles history but unloads like a comic book.

Seeming as if he's picking up where he left off from Quentin Tarantino's Inglourious Basterds, Brad Pitt once again plays a drawling Nazi slayer who has no qualms about spilling Aryan blood.

He's in considerably tighter quarters as tank commander Sgt. Don "Wardaddy" Collier, who is every bit as scared as the Sherman machine he rolls across German terrain. He's accompanied by the usual stereotypes: lead gunner Boyd "Bible" Swan (Shia LaBeouf), who praises the Lord but also pulls the trigger; Latino driver Trini "Gordo" Garcia (Michael Peña), who can turn Fury on a dime; mechanic Grady "Coon-Ass" Travis (The Walking Dead's Jon Bernthal), who might be in a psycho ward if not for the Second World War; and new guy Norman Ellison (Logan Lerman), a typist and pacifist.

It's April, 1945, and the war is rapidly winding down, but the losing Germans aren't willing to go down quietly. In fact, they're going down angrily and violently, especially on their homeland soil.

Attention to details give Fury heft and value, as does solid acting, but Ayer seems to lose his resolve in two scenes that are straight out of a Sgt. Fury Marvel Comics episode, or maybe a Hollywood script rewrite.

Extras include 50 minutes of deleted scenes and making-of featurettes.

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Look who's laughing now

Actress Uzo Aduba, winner of outstanding performance by a female actor in a comedy series and outstanding performance by an ensemble in a comedy series for Orange Is the New Black, shows off her trophies at the Screen Actors Guild Awards on Sunday in Los Angeles. Metro's Ned Ehrbar was also roaming the red carpet; visit metronews.ca for his coverage of the awards.

ETHAN MILLER/GETTY IMAGES

Why it's time to stash some cash

Planning. Build up an emergency fund so that when the worst does happen, you'll have some options



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever thought about what you'd do if you lost your job or got sick and the paycheques just stopped coming in? How would you pay your rent or your mortgage? Where would you get the money for food?

How about all those other expenses that gobble up your paycheque now? Sure, if you're terminated from work, there might be some Employment Insurance, but EI takes time to kick in, and it isn't very much. So what would you do to make ends meet?

The term the financial industry likes to use to describe that pile of money you stash away just in case is "emergency fund." But I like to call it my FU Account. That's because having money in the bank gives me the option of saying FU if I'm asked to compromise my standards. It also means that if a tree falls on my house I can say, "FU tree!" Man, I love my FU Account.

People who don't see the point in having an emergency fund are either shortsighted, or completely unwilling to stop spending all their money. They are so averse to taking a little bit of what they are blowing on crap and setting it aside that they're willing to brave the terrors of an emergency — and it's only a matter of time — without any kind of safety net.

Whenever I talk about an



If you are ever laid off from work, wouldn't it be nice to know you had enough money set aside to keep a roof over your head and food in your belly until employment insurance kicks in? ISTOCK

emergency fund, inevitably I get a barrage of excuses about saving the money. My favourites come from the people who just don't want to stop doing what they're doing.

From the small expenses such as a cellphone, buying bottled beverages or dropping the odd \$20 on new makeup, to the people who spend gobs decorating and re-decorating their homes, eating lunch and dinner out, or taking vacations, people are unwilling to stop spending every red cent they make.

Do you have a gadget habit? Can't resist a new pair of shoes? Do you pick up a new magazine every time you're at the checkout? Believe it or not, you don't have to get a manicure. If you think a manicure is a need, you're delusional. And if you already own 10 pairs of shoes, the

next pair is sheer indulgence. So is that bottle of nail polish, the new DVD, or the beer after work. They're all distractions from savings.

You don't have to start by saving a whack of money. This week, open up a high interest savings account and then arrange an automatic transfer to that account every month. Start with \$30 — a dollar a day. That's not so much to not spend, now is it?

To build your FU account, look for ways to find more money. You know those coupons you use to save at the grocery store? Ship that money over to your FU Account. And that outfit you bought on sale last week? Send the difference to your FU Account. If you have money for cookies and pedis, you have money to build an emergency fund so that if the

worst does happen, you've got some options.

How good would it feel to not have to panic when the car breaks down and you need to come up with an unpredictable \$2,400? How much better would you feel if your baby, your mom or your partner gets sick and you knew you could take time off work, without pay, to see to their needs?

How much smarter would you feel if you got laid off from work and had enough money set aside to keep a roof over your head and food in your belly until EI kicks in — it's a pathetic amount, really — or you could get another job?

That'll likely take about six months (that's what the studies show, kids) so that's why you'll need to have enough to cover six months' worth of essential expenses. Make your

Make it cash, not credit

- An emergency fund is cash you've accumulated so that you can have the money you need to keep things in balance when the crap hits the fan. Don't buy the BS that a line of credit is an emergency fund. That's just some lender trying to get rich off you.
- Some people have a problem with the concept of the money in their emergency fund just sitting there earning a pittance in interest, waiting to be called into active duty when the worst happens. Once they've built up a couple of thousand dollars, the vacation becomes a "sanity emergency," or they run up their credit cards and that becomes a "debt emergency."
- But anything you can predict having to spend money on is not an emergency — it should be a line item on your budget and become a planned spending category.

savings automatic. If you decide to save \$100 a month, have that amount auto-debited from your main banking account to your high interest savings account every month. You'll get used to living without that money in no time flat. And when the paycheques unexpectedly stop coming in, you'll be damn glad you have some money stashed away.

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Advice

I've been ogling my office crush

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I was recently browsing OKCupid and came across a very cute guy who works at my company. I've always admired him from afar, but we've only met in passing since he works in another department on another floor. I badly want to send him a message, but I'm scared it might seem inappropriate if he's not interested. How can I make a move without making things weird at work?
— Long-Distance Lurker

Dear LDL,
Online dating is an efficient way to cozy up to a faraway crush — or an efficient route to uncomfortable run-ins with an unrequited crush. When pursuing colleagues on OKC, creep carefully. The taboos



Love might be in the air, but should you bring it down to earth with the click of your mouse? ISTOCK

associated with online dating may be as passé as the three-day rule, but some online lovers still prefer anonymity. Learning that a real life acquaintance has peeped his profile — especially someone who knows him professionally — might irk your prospective date.

You can't pretend you've never met, but you can keep things on the down-low if he prefers to remain incognito.

Before hitting send on the kissy-face emoji, attempt an in-person suss-out.

Take a break from stalking him on the internet and

(subtly) stalk him in person: the elevator, the break room, wherever you can strike up real-life chitchat. If he seems responsive in the flesh, he'll probably dig a virtual flirt.

This will only be as inappropriate as you make it. There's no way to guarantee romance, but if your approach is relaxed and upfront, you'll at least earn a new workplace pal.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Workplace blues can lead to booze: Study

Career. Research shows longer work hours can increase the risk of alcohol abuse

It's true: working too hard can drive you to drink, say researchers who warn of the health risks of such dual excess.

An overview of studies covering more than 400,000 people showed that individuals who exceed 48 working hours per week are likelier to consume "risky" quantities of alcohol.

The paper, published in The BMJ journal, reported that long working hours boosted the likelihood of higher alcohol intake by 11 per cent overall.

People who worked 49-54 hours a week ran a 13-per cent higher risk of developing a "risky alcohol use" habit compared to counterparts who worked a 35-40-hour work week.

Those working 55 hours or more were 12 per cent more at risk.

"Risky" alcohol use was defined as more than 14 units per week for a woman and more than 21 for a man — levels that have been linked to a higher risk for liver and heart disease, cancer, stroke and mental disorders.

An alcohol unit is the equivalent of a third of a pint of medium-strength beer, half a 175-millilitre (six fluid ounces) glass of red wine with 12 per cent alcohol by volume, or a 25 ml-shot of whisky.

The findings add statistical backing to anecdotal evidence for a link between excessive work and alcohol abuse, the



If you feel your health is being compromised by your work schedule, it may be time to address it with your manager. ISTOCK

authors said.

More than a dozen developed economies were covered by the research, including Canada, Britain, Denmark, Finland, France, Germany, Japan, New Zealand, Spain, Sweden, Taiwan and the United States.

"This meta-analysis supports the long-standing suspicion that among workers subjected to long working hours, alcohol can seem like a fast acting and effective way to dull work-related aches and pains and smooth the transition between work life and home life," Cassandra Okechukwu of the Harvard School of Public Health wrote in an editorial.

Long working hours have previously been linked to cardiovascular disease, depression and anxiety.

The increased risk of developing a "risky" drinking habit from over-work was small in absolute terms, Okechukwu said.

Also, having a job was associated with a lower prevalence of alcohol consumption and a higher chance of recovery from alcohol misuse than being unemployed.

Even so, the risk should be taken seriously.

"Any exposure associated with avoidable increases in disease or health damaging behaviour, or both, warrants careful examination," said Okechukwu.

"Indeed, these findings could add impetus to further regulation of working hours as a public health intervention."

AFF

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Serve Middle Eastern kabobs your way

Lunch. These Beef Kaftas with Tahini Sauce can be presented with bread options or on their own



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

A Kafta is a Middle Eastern dish resembling the American burger, but with a different shape and flavour.

Traditionally it is made with lamb or beef, but you can also use ground chicken to lessen the calories and fat.

The use of mint and cilantro along with a dash of cinnamon give this ethnic dish its originality.

You can put the Kafta on skewers or just roll the meat into oval shapes and grill or bake it. You can also barbecue the meat rather than baking it.

This combination of flavours goes well with a homemade tahini sauce and diced vegetables. I love

Ingredients

Kaftas

- 1 1/2 lb lean ground beef, lamb or chicken
- 1/2 cup minced onion
- 1 1/2 tsp minced garlic
- 1/2 tsp ground cinnamon
- 2 eggs
- 1/2 cup unseasoned bread crumbs
- 3 tbsp chopped mint
- 1/4 cup chopped cilantro
- Salt and pepper

Tahini Sauce

- 2 tbsp reduced fat mayo
- 2 tbsp reduced fat sour cream
- 2 tsp sesame oil
- 2 tsp soy sauce
- 1 tsp tahini paste

Garnish

- 1/2 cup diced tomatoes
- 1/2 cup diced cucumber
- Naan bread, soft roll

to serve Kaftas with naan bread or a soft bun.

Directions

1. Preheat oven to 400 F. Combine all ingredients for Kaftas until well mixed. Form into 8 oval shapes and put a 6-inch wooded skewer through the middle (length-wise) or omit the skewers if desired. On a hot grill pan, sear the outsides of the kaftas then place on a baking sheet and bake for 10 minutes or just until temper-

Nutritional information

Per serving

• Calories. 377

• Carbohydrates. 11 g

• Fibre. 1 g

• Protein. 39 g

• Total fat. 18 g

• Saturated fat. 6 g

• Cholesterol. 189 mg

• Sodium. 384 mg



This recipe serves four. ROSE REISMAN

ature reaches 160 F.

2. Meanwhile, make the

tahini sauce by mixing the mayo, sour cream, sesame oil, soy sauce and tahini.

3. Serve Beef Kaftas with the tahini sauce and diced vegetables. If you're using

the naan bread or soft rolls, serve the Kaftas over the top and drizzle with tahini.



This Cucumber Salad recipe serves four. ROSE REISMAN

A salad that defines simplicity

A long English cucumber when sliced lengthwise into ribbons makes a decorative salad or garnish.

This is a simple salad garnished with black olives and tomatoes and served with a Tzatziki sauce — easy and oh

so tasty!

1. With a vegetable peeler, slice cucumber length wise leaving the skin on, until you get approximately 10 long cucumber ribbons. Decoratively place on a platter.

2. Divide olives and tomatoes overtop.

3. Combine ingredients for tzatziki sauce. If too thick, add a little water. Drizzle over top of salad.

ROSE REISMAN

Ingredients

- 1 long English cucumber (skin on)
- 3 tbsp sliced black olives
- 6 cherry tomatoes, sliced in half
- 1/4 cup tzatziki (homemade or

store bought)

Tzatziki

- 1/3 cup plain low-fat yogurt or Greek yogurt

- 1 tsp fresh chopped dill
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- salt and pepper



Team Foligno and Ottawa Senators forward Bobby Ryan takes a shot on Florida Panthers and Team Toews backstop Roberto Luongo during the first period of Sunday's NHL all-star game in Columbus, Ohio. The Senators' lone all-star representative, Ryan had a goal and an assist in the game. BRUCE BENNETT/GETTY IMAGES

Columbus hosts goal display like no other

NHL. Team Toews and Team Foligno combine for record number of tallies in all-star game

The cannon at Nationwide Arena got a workout as the 2015 NHL all-star game broke the record for goals in the event with 29.

Team Toews beat Team Foligno 17-12 in the mid-season exhibition featuring many of hockey's top stars playing shin-

All-star game

17

Team Toews

12

Team Foligno

ny with no hitting, no defence and no mercy for goaltenders.

John Tavares of the New York Islanders became the sixth player in all-star game history with four goals, joining

the elite company of Wayne Gretzky, Mario Lemieux, Vincent Damphousse, Mike Gartner and Dany Heatley. Former Columbus Blue Jackets winger Jakub Voracek of the Philadelphia Flyers tied Mario Lemieux's 1988 record with six points on three goals and three assists.

Ryan Johansen of the hometown Blue Jackets was named the most valuable player with two goals and two assists.

The previous total-goals record was set in 2001 when North America beat the World 14-12.

Under this format of captains Jonathan Toews of the Chicago Blackhawks and Nick Foligno picking their teams in an all-star draft, many records fell: the fastest two, three and four goals in the game's history and most goals in a period.

Marc-Andre Fleury of the Pittsburgh Penguins gave up seven goals on 16 shots in the second period and Brian Elliott, who left his vacation in Turks and Caicos to be an injury replacement, surrendered six on 15 shots in the third.

THE CANADIAN PRESS

NBA

LeBron brings A-game vs. OKC

The sold-out arena buzzed with 20,000 fans decked out in matching gold T-shirts. There was a national TV audience, two high-profile teams and all-stars all over the floor.

It felt like the playoffs in January. LeBron James played as if it was June.

James scored 34 points, including the first eight in the fourth quarter, and the Cleveland Cavaliers beat the Oklahoma City Thunder 108-98 on Sunday for their sixth straight win.

James made a pair of three-pointers and a nasty fade-away jumper to give the Cavs a 91-80 lead. Later, the four-time MVP fed Kevin Love for a three-pointer with 3:38 left that put the Thunder away.

THE ASSOCIATED PRESS

Humana Challenge

Haas gets 1-shot win at La Quinta

Bill Haas pulled ahead with a 20-foot birdie putt on the par-4 16th and parred the final two holes for a one-stroke victory Sunday in the Humana Challenge.

Haas closed with a 5-under 67 for his sixth PGA Tour title and first since the 2013 AT&T National. He won the 2010 event at PGA West for his first tour victory.

Haas was making his first start since November. He took the long break to rest his left wrist, fractured in April when he fell down stairs at Hilton Head.

Matt Kuchar, Charley Hoffman, Brendan Steele, Steve Wheatcroft and Sung Joon Park tied for second.

THE ASSOCIATED PRESS

Seahawk Sherman dubs Pats the villains



Richard Sherman, left, Marshawn Lynch and the Seahawks arrived in Phoenix on Sunday for this week's Super Bowl festivities. MORRY GASH/THE ASSOCIATED PRESS

Relishing no longer being in the "villain" role, Seahawks cornerback Richard Sherman is painting his team's Super Bowl opponent as the bad guys.

He also doubts the Patriots will be punished by the NFL if they are found guilty of doctoring footballs in the AFC championship game.

"It is what it is. Their resumé speaks for itself," Sherman said Sunday after the defending champions arrived in Phoenix. "The past is what the past is. Their present is what their present is. And, will they be

Quoted

"To be painted villains I guess you need to do something heinous, and I didn't. You learn a lot about people around you and about society."

Seahawks cornerback Richard Sherman who was catapulted him into that "villain" role last year after his rant against 49ers receiver Michael Crabtree following the NFC title game.

punished? Probably not."

The All-Pro cited NFL com-

missioner Roger Goodell's relationship with New England owner Robert Kraft as his main reason for being skeptical.

"Not as long as Robert Kraft and Roger Goodell are still taking pictures at their respective homes. He was just at Kraft's house last week for the AFC championship," Sherman added. "You talk about conflict of interest."

Patriots coach Bill Belichick said Saturday the team "followed every rule to the letter" in preparing footballs on game day. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A problem can quite easily be resolved, by ignoring it. This is a situation where something is an issue only because you choose to think of it as an issue.

♉ Taurus

April 21 - May 21

Be careful what you say today because if you leave any doubt about your meaning someone could take your words the wrong way and cause a scene.

♊ Gemini

May 22 - June 21

Force yourself to look on the bright side today. According to the planets you have nothing to worry about but you may have to trick yourself into believing it.

♋ Cancer

June 22 - July 23

This is potentially an excellent time for you but you find that hard to believe. Why? Mercury is playing tricks on your mind. A few days from now something remarkable, and most welcome, is going to happen.

♌ Leo

July 24 - Aug. 23

Don't dwell on negative news as the week begins, especially if it involves someone you care for. The planets say you're taking the situation too seriously.

♍ Virgo

Aug. 24 - Sept. 23

This may be a confusing day as the signals you get from co-workers are jumbled. Your best course of action is to ignore their words and focus on body language. It will speak.

♎ Libra

Sept. 24 - Oct. 23

Your logic circuits don't seem to be functioning, most likely because mind planet Mercury is in one of its retrograde phases. If in doubt, listen to what your inner voice is trying to tell you.

♏ Scorpio

Oct. 24 - Nov. 22

The planets warn this is not a good time to take chances as cosmic activity in one of the more sensitive areas of your chart is clouding your ability to separate fact from fiction.

♐ Sagittarius

Nov. 23 - Dec. 21

You may find it hard to tell the good guys from the bad guys today, so be on your guard and take nothing for granted. You could also read too much into perfectly normal situations, so don't jump to conclusions.

♑ Capricorn

Dec. 22 - Jan. 20

If something about your cash flow situation is bothering you chances are it is mainly, if not entirely, in your mind. So don't think, just act instinctively.

♒ Aquarius

Jan. 21 - Feb. 19

Don't get carried away by your own enthusiasms. You will get your chance to shine but pushing too hard could be counter-productive.

♓ Pisces

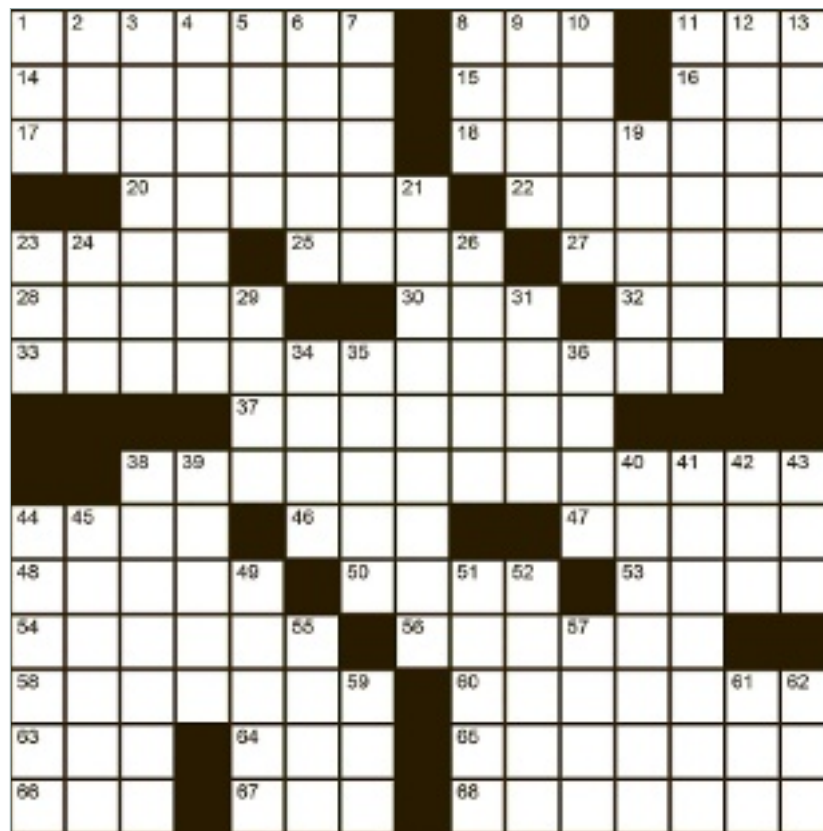
Feb. 20 - March 20

You will have to deal with someone's negative emotions today, without getting negative or emotional yourself. Smile.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. CBC's new comedy starring Eugene Levy and Catherine O'Hara, "Creek"
8. Director Mr. Lee
11. British mother, colloquially
14. There's no one like 'her' in The Turtles tune
15. Caviar
16. Lab eggs
17. Carnivorous dish: 2 wds.
18. Palais des ____ (Montreal convention centre)
20. Circle of latitude north of the Equator, ____ of Cancer
22. Primps
23. Okinawa seaport
25. The Hollies song, when tripled
27. Result
28. Tony-winning actress Judith, and surnamesakes
30. '____' in Queensville
32. Conform to commands
33. Engineering marvel connecting Cape Breton to mainland Nova Scotia: 2 wds.
37. "Beauty and the Beast" (1991) candelabra character
38. "The _____": Rush song that goes "Begin the day with a friendly voice..."
44. Really cry



46. L's spelling
47. Era
48. Also known as...
50. Price listing word
53. Romantic's creation
54. Fractured finger fixer
56. Howie ____, Canadian hockey analyst

58. 1960s series, "Dr. _____"
60. She gave Theseus thread to escape the Minotaur's labyrinth
63. 'Serpent' suffix
64. ____-de-sac
65. Time in a recording studio
66. Mr. Beatty

67. Essential
68. Reverences
- Down**
1. School yr. part
2. NBA Cavs, on a scoreboard
3. Infidel
4. New-assignments-holders on desks
5. Classic TV mouse,

- ____ Gigio
6. Vacations
7. Don't give up, ____ through
8. Curve
9. Cute-sounding denial
10. Sort or style
11. BC: One of the two big Haida Gwaii

- islands
12. Street sort
13. Toronto-born actor Raymond who starred on #58-Across
19. Birthplace of Columbus
21. City in BC
23. Ms. Kidman, to pals
24. Ms. Gardner
26. Promenade
29. Prefix meaning 'Sun'
31. Feudal worker
34. Medical break-through
35. "...inch and he'll take ____"
36. "The Way We ____" (1973)
38. Guzzled
39. Tartan
40. Placate
41. Options-in-a-desperate-situation
42. Wintertime surface
43. Electrical resistance unit
44. ____-Robbins ice cream chain
45. ____ skiing
49. Coffee break treat
51. Quit
52. "____ hoping!" (Dreamer's exclamation)
55. Genuine
57. 'Sun' suffix (Big name in oranges)
59. English cathedral town
61. ____ de plume
62. Nav. rank

Friday's Crossword



Online

See today's answers at metronews.ca/answers

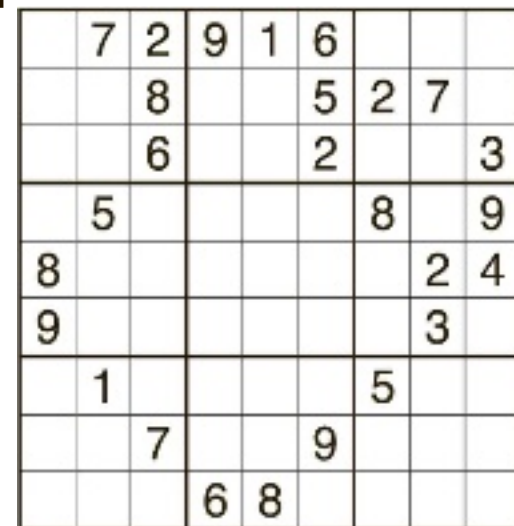


Conceptis Sudoku by Dave Green

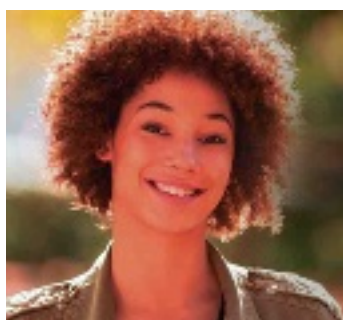
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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